Mt. Vernon RECenter Spring 2010 Posted 2/19/2010 The charts below will help indicate the pool use. Lanes Subject to change without notice.

SATURDAY

	Beach &	Shallo	ow Area	Lap Lanes with Diving Blocks									Deep End		
	Buckets	0.5	1	1	2	3	4	5	6	7	8	1	0.5		
8:00															
8:30															
9:00															
9:30		<u> </u>													
10:00		Swi	im Less	ons											
10:30		NO (OPEN S	MI/M											
11:00		NO	OI LIV)						Swimming Lessons					
11:30										_					
NOON												-			
12:30		(Only Lap Sv	vimming &	Swim Les	sons are al	lowed in th	e swimmir	ng pool bef	ore noon o	n Saturday	s.			
1:00															
1:30										1					
2:00											_				
2:30] Di	iving	Roa	rd		
3:00	Beach										v 9	Doa	ı G		
3:30	Features										opei 12:1	ne at			
4:00	Are On										ohei	is al			
4:30	1 - 7pm									_]	40-4	F			
5:00]									_]	12:1	bmgc			
5:30															
6:00															
6:30															
7:00						POC	DL IS CLO	SED							

SUNDAY

	Beach &	Shallo	w Area	Lap Lanes with Diving Blocks									Deep End			
	Buckets	0.5	1	1	2	3	4	5	6	7	8	1	0.5			
9:00																
9:30										Swim						
10:00	Portio	ons of th	ne pool	will be d	closed					Lessons						
10:30]		wim les:		J. 000 U							Rental - Aquatic Adventures				
11:00		TOT S	wim ies	sons.												
11:30												10-1pm				
NOON																
12:30		Please note	that on Sur	ndays, the B	Beach & Sha	llow Areas as	s well as so	me lap lanes	will be clo	sed for swim	lessons fro	om 9 - 12 p.m).			
1:00																
1:30										_						
2:00	Beach									_						
2:30 3:00	Features									l Divir	a Bo	ard Is	Open l			
3:30	Are On									1						
4:00	1 - 6pm									1	1 -	6pm				
4:30										1						
5:00	1									1						
5:30	1															
6:00						POC	L IS CLO	SED								
6:00			Rental Ho	Ilin Medov	vs			D	ontal - Ho	llin Meadow						
6:30									entai - NO	IIIII WEAUOW	3					
7:00					Highland	Park Rental										
7:30																

MONDAY

	Beach &	Shallo	w Area			Lap	Lanes with		Deep End					
	Buckets	0.5	1	1	2	3	4	5	6	7	8	1	0.5	
5:00				Rental - AM	Curle	Burke			Potmaca	marlins				
5:30														
6:00					Renta	ıl - AM				Lap Sw	im Class			
6:30							•			_ap 0	01400			
7:00														
7:30										. Г	Deep Wate	er Exercis	se	
8:00											- Train	- EXCION		
8:30			Agua Fi	t & Tone										
9:00			719441		1									
9:30											Deep Wate	ter Exercise		
10:00											-			
10:30			Arthriti	s Water E	xercise									
11:00		Swim			1									
11:30		Lessons												
NOON														
12:30 1:00		Swim												
1:30		Lessons												
2:00									Rental - FB					
2:30		Swim							ixemai - i	D				
3:00		Lessons												
3:30														
4:00		<u> </u>		1 1 1						1				
4:30		Portioi	ns are	closed t	or					•		C4	la alaarii	
5:00		Swimn	ning Le	ssons					1	Rental-		Stroke IV	lechanics	
5:30			= =0						1	Fort				
6:00									1	Belvoir				
6:30														
7:00		Ad	dvance	Water Ex	ercise	_	Swim							
7:30							Lessons							
8:00														
8:30														
9:00						PO	OL IS CLOS	SED						

TUESDAY/THURSDAY

	Beach &	Shallo	w Area			Lap	Lanes with	Diving BI	ocks			Deep End		
	Buckets	0.5	1	1	2	3	4	5	6	7	8	1	0.5	
6:00									Lan	Swim (Place			
6:30									Lap	Swiiii (JI 1055			
7:00														
7:30											Power	Einnina		
8:00											FOWEI	riiiiiiig		
8:30			∆aua Fi	t & Tone										
9:00			Aquaii	t de l'Ollic	,									
9:30		Arth	ritis Wa	ter Exer	cise									
10:00		7 (1 (1)		toi Exoi	0.00									
10:30														
11:00														
11:30 NOON	 													
12:30	 													
1:00	 							Renta	al - AM					
1:30	 													
2:00														
2:30	 													
3:00														
3:30			•											
4:00	S.L.	THU	RSDAY'S	ONLY								Stroke M	echanics	
4:30		Swim	Lessons								_		DAY ONLY	
5:00										Rental - F	В	Swim les	ssons on	
5:30												T⊦	lur	
6:00							Dam'-	I CD	Renta	ıl- FB				
6:30							Renta	II - CB			•			
7:00								Rental - Cl		Door Wet				
7:30								Rental - Cl	-	B Deep Water				
8:00									ا	p Swim Cl	266			
8:30								-	La	p Swiiii Ci	aəə			
9:00						PO	OL IS CLOS	SED						

WEDNESDAY

	Beach &	Shallo	w Area			La	Lanes with	h Diving Bl	ocks			Deep End		
	Buckets	0.5	1	1	2	3	4	5	6	7	8	1	0.5	
					Rental -					Rental - P	М			
5:00					СВ					ixeritar - i	141			
5:30														
6:00					Renta	I - AM				Lap Sw	im Class			
6:30					Ī		1			1				
7:00														
7:30										De	ep Wate	er Exercise		
8:00											- -	1	1	
8:30 9:00			Agua Fi	t & Ton	е									
			•											
9:30 10:00									-	De	ep Wate	er Exerc	ise	
10:30											•			
11:00			Arthriti	s Water E	Exercise									
11:30														
NOON							1							
12:30														
1:00														
1:30														
2:00								Renta	al - FB					
2:30														
3:00														
3:30														
4:00														
4:30		Swim Les	ssons							•				
5:00		Area's of	the pool v	will be					1					
5:30			t this time						1	Renta-FB		Stroke Me	chanics	
6:00									1			and		
6:30												Swim Les	sons	
7:00		Powe	r Water Wa	alking Exer	rise				 	+		O W.IIII E C C		
7:30		I OWE	a Traisi Tra	aikilig EXEI	CISC							1		
8:00							1		1	+		1		
8:30			 						 	+				
9:00						PC	OOL IS CLOS	SED					<u> </u>	

FRIDAY

	Beach &	Shallov	w Area			Laı	Lanes wit	h Diving Bl	ocks			Deep End			
	Buckets	0.5	1	1	2	3	4	5	6	7	8	1	0.5		
					Rental -					Rental - Pl	М				
5:00					СВ					Kentai - i i					
5:30															
6:00					Renta	ıl - AM				Lan Swi	m Class				
6:30						, , , , , , ,			Zap o min o ido						
7:00															
7:30										De	en Wate	er Exercise			
8:00											cp man	, EXCIC			
8:30			Agua Fi	it & Ton	e										
9:00			tquu i												
9:30										De	ep Wate	r Exerc	ise		
10:00											op mate	- EXOIC			
10:30			Arthrit	tis Water E	xercise										
11:00			7 (1 (1) 1)		7.0.0.0										
11:30		Swim													
NOON		Lessons													
12:30															
1:00															
1:30								4							
2:00								Rent	al - FB						
2:30				<u> </u>											
3:00				<u> </u>											
3:30															
4:00															
4:30															
5:00							-								
5:30 6:00							Rental	Rental - CB Starts March 6							
6:30							-								
7:00							OOL CLOS	SED							
7:00							OOL CLUS	סבט							

Beach Features and Diving may be available according to the discretion of the lifeguards on duty Limited space is available in the beach area during swim lessons